



FEBRUARY, 2017

# THE FRANKLIN Connection

MONTHLY NEWSLETTER

## The Franklin Senior Center

10 DANIEL MCCAILL ST.  
FRANKLIN, MA 02038

PHONE: 508-520-4945

FAX: 508-520-4917

OPEN MON-FRI  
8:30am-4:00pm

The Common Grounds

## Café

Breakfast 8:30-10:00am  
Lunch 11:30-1:00pm

## Ben's Bounty



Mon-Fri 10:am-2:00pm



### FACEBOOK:

franklinseniorcenter

### TWITTER:

@FranklinSrCntr

### TOWN WEBSITE:

<http://www.franklinma.gov/franklin-senior-center>

## LIVING YOUR BEST LIFE NOW WITH WELLNESS NURSE, LINDA HASTINGS



**LIVE YOUR BEST LIFE KICK OFF - OPRAH STYLE!** Join us on Wed., Feb. 8 at 11:00 a.m. to kick off the new year with a treasury of wisdom, wit, advice and inspiration shared from the most rip and save worthy collection of articles from past Oprah magazines. Come launch your best year ever with us!

**"HOW TO ELIMINATE CLUTTER & FIND PEACE IN YOUR HOME"**, will be presented on Wed., Feb. 15 at 11:00 a.m. Americans are stressed out and our cluttered homes aren't helping. A recent Huffington Post survey found that 84% of Americans worry that their home isn't organized or clean enough, and spend an average of 55 minutes a day looking for things they can't find. Life is too short! Controlling your clutter can reduce stress, save time and money and improve quality of life. Learn some helpful tips and tricks. Please call to sign up.



Join us for our **Open House** which will showcase the newly completed second floor of the Center along with some improvements on the first floor. Our Outreach staff will be providing Charlie Cards at this event and refreshments will be served. **PLEASE NOTE:** The date for this event has been changed to Sunday, February 26; 11:00 a.m. to 2:00 p.m.

## CIRCUIT BREAKER SEMINAR



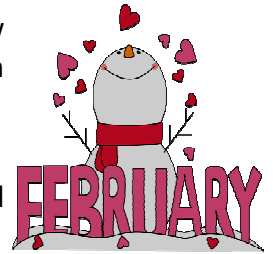
Join us at 10:00 a.m. on Tues., March 7, to learn how you can save up to \$1,070 on your real estate taxes by applying for the Circuit Breaker Tax Credit. You may be eligible if the amount you pay in taxes, and water & sewer charges exceeds 10% of your total income. Renters may also qualify. Assistance in applying can be provided. Many thanks to **Senator Richard Ross** for arranging to have **Brian Lynch** from the **Department of Revenue** to provide his expertise. Please call to sign up.

# UPCOMING EVENTS....

**WEDNESDAY, FEB. 1 & 15: STRESS MANAGEMENT SUPPORT GROUP** meets at a new time - 10:00 a.m. This biweekly support group is led by Gail Bourassa and focuses on strategies for coping with anxiety and depression.

**WEDNESDAY, FEB. 1: DIABETES SUPPORT GROUP** meets at 11:00 a.m.

**FRIDAY, FEB. 3: JOIN THE SOCIAL CIRCLE!** You've got a friend! We meet at 10:00 a.m. and we work to make the Center a more welcoming place! Join us!



**MONDAY, FEB. 6: GENEALOGY WORKSHOP** with Toni P. at 10:00 a.m. Learn how to access your family history, for beginners and those with experience. Bring a laptop if you have one or use our computer lab.

**MONDAY, Feb. 6: BOOK DISCUSSION GROUP** discusses *The Oregon Trail* by Rinker Buck at 11:00 a.m.

**WEDNESDAY, FEB. 8: LIVE YOUR BEST LIFE KICK OFF - OPRAH STYLE!** at 11:00 a.m. See page 1.

**WEDNESDAY, FEB. 15: HOW TO ELIMINATE CLUTTER AND FIND PEACE** at 11:00 a.m.; see page 1.

**THURSDAY, FEB. 16: MEMORY CAFÉ, A POSITIVE PLACE** at 3:00 p.m. The Café is a welcoming place for those living with memory changes to relax and enjoy an afternoon of conversation, refreshments, entertainment and activities. This month we'll enjoy a visit with Sammy the Therapy Dog. Please call to sign up.

**FRIDAY, FEB 17: PAINT A MASTERPIECE IN A DAY** with Darrell Crow; 10:00 a.m. to 2:30 p.m. for \$25 includes all supplies. Sample of painting displayed at the Center. Please call to sign up.

**FRIDAY, FEB. 17: YELLOW DOT & SENIOR ID'S** from 11:00 a.m. to 12:30 p.m. This national program provides first responders at automobile accidents with vital medical information of the crash victims. The program supplies seniors with a secondary form of ID, free of charge, from the Sheriff's Office. To obtain an ID, you will need one of the following: valid MA Driver's License, valid US passport, valid MA RMV Photo ID. Please call to sign up.

**TUESDAY, FEB. 21: SPANISH CONVERSATION CLASS STARTS** at 10:00 a.m. If you speak a little Spanish or none, Clara will help you learn this beautiful language. Please call to sign up.

**TUESDAY, FEB 21: LOW VISION SUPPORT GROUP** at 1:00 p.m. Join us for a demonstration of some cutting edge new equipment to assist folks with low vision. Please call to sign up.

**WEDNESDAY, FEB. 22: NEW LINE DANCING CLASS** with Suzy O'Coin at 1:00. Join us for lots of fun and this first class is free! Call to sign up!

**FRIDAY, FEB. 24: HAWAIIAN LUAU PARTY** with performer Vic Solo at 11:00 a.m. Tickets are \$6; purchase by 2/17.

**FRIDAY, MAR. 3: BRAIN GAMERS** meet at 10:00 a.m. This group keeps their minds bright with challenging and engaging activities such as puzzles, games, trivia, etc. Join us!

**TUESDAY, MAR. 7: CIRCUIT BREAKER INFORMATION SESSION** at 10:00 a.m.; see page 1.

**TUESDAY, MAR. 7: YOGA WITH COGNITIVE BEHAVIORAL THERAPY** starts at 1:30 p.m. This group will meet for 6 weeks and aims to help reduce symptoms of anxiety and depression. This free class weaves together the relaxing effects of simple chair yoga and meditation with traditional therapeutic techniques. By working with both mind and body, you'll find that you feel better and are able to look at life in new ways. And the groups are humorous so you'll have some fun! Pre-registration is required; please call for a registration form. *This program is funded by a grant from the Metrowest Health Foundation.*



- **CORNHOLE IS FUN!** Join us on Mondays at 9:00 a.m. to play this popular beanbag toss game; so easy, and instruction is provided. Call to sign up.
- **THE SENIOR CENTER IS CLOSED on Friday, Feb. 10**, related to our re-opening; Sunshine Club will be open.
- **THE SENIOR CENTER IS CLOSED on Monday., Feb. 20**, for Presidents' Day.
- **THE CAFÉ IS CLOSED on Friday., Feb. 24**, for a social event.

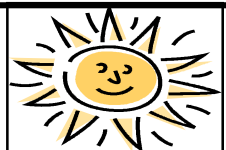
# DAILY SCHEDULE...

Monday	9am - 2pm; by appointment	Barber/Hairdresser	\$8 to \$10
Monday	9am	Painting	\$50 for 10 weeks
Monday	9am	Cornhole	Free
Monday	9:30am	Italian Conversation Group	Free
Monday	10am	Mexican Dominoes	Free
Monday	10am	Mah Jong	Free
Monday	10:30am; 1st Monday	Book Club	Free
Monday	1pm	Painting	\$50 for 10 weeks
Monday	1pm	Volleyball	Free
Monday	1pm	Mah Jong	Free
Monday	1:15pm	Movie Matinee	Free
Monday	6pm	Cribbage	Free
Tuesday	9am	Cribbage	Free
Tuesday	9:30am	Chair Exercise	\$2/class
Tuesday	9:30am	Busy Bees Crafts Group	Free
Tuesday	10am; by appointment	Manicures	\$8
Tuesday	10am	Quilting	Free
Tuesday	10.45am	Cardio	\$3; free for Y members
Tuesday	12:30pm; 3rd Tues, by appt.	Legal	Free
Tuesday	1pm	Bingo	.50/card
Tuesday	1pm	Cribbage Instruction	Free
Tuesday	1pm; 1st & 3rd	Chess; Instruction offered	Free
Wednesday	8:45 - 10am; 2nd & 4th	Blood Sugar Screening	Free
Wednesday	9am	Trailblazers Walking Club	\$10/year dues
Wednesday	10am	Quilting Instruction	Free
Wednesday	10am	Knitting Instruction	Free
Wednesday	10am	Scrabble	Free
Wednesday	10am	Stress Management Support	Free
Wednesday	10am	Chair Yoga	\$3/session
Wednesday	11am	Meditation	\$2/session
Wednesday	12:30pm	Zumba	\$3; free for Y members
Wednesday	1:00	Line Dancing	\$3/class
Wednesday	1pm	Senior Scribblers	\$1/week dues
Wednesday	12-2pm	Barber/Hairdresser	\$10-\$12
Wednesday	3pm; 2nd & 4th	Caregivers Support Group	Free
Thursday	9am	Blood Pressure Screening	Free
Thursday	9am	Bridge	Free
Thursday	9am	Cribbage	Free
Thursday	9:30am	Busy Bees Crafts Group	Free
Thursday	9:30am	Chair Exercise	\$2/class
Thursday	10am	Discussion Group	Free
Thursday	10:45am	Cardio	\$3: free for Y members
Thursday	1pm	Bingo	.50 per card
Thursday	1pm	Open Art Studio	Free
Thursday	3pm	Memory Café	Free
Thursday	3:15pm	Tai Chi	\$5; free for Y members
Friday	10am	Woodcarving	Free
Friday	10am	Brain Games	Free
Friday	11am	Zumba	\$3; free for Y members
Friday	12:30pm	TOPS	\$32/year dues
Friday	1pm	Pokeno	Free
Friday	1pm	Silvertones Chorale Group	Free
Friday	1:15pm; by appointment	SHINE	Free



## Supportive Day Program

**THE SUNSHINE CLUB** offers frail elders individual attention and the company of others. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, come visit! Call Carol Adiletto or Donna Haynes at (508) 520-4945 for more info.



**The Sunshine Club**

**CAREGIVER'S SUPPORT GROUP** - on February 8 & 22 at 4:00 p.m. Participation in the Supportive Day Program is not required for this group and respite care is available during the meeting. Call to sign up and to make a reservation for respite care.

**MEMORY CAFÉ** is offered on the third Thursday of the month at 3:00 p.m. This is a welcoming place where those with memory loss and their care partners can socialize and enjoy a pleasant time without stress or anxiety; call to sign up.

## Monday Matinee



**Movies shown on Mondays at 1:15 p.m.**

**Feb. 6: BRIDGET JONES' BABY ( R )** After breaking up with Mark Darcy, Bridget Jones is fortysomething and single again when she meets a dashing American but finds herself pregnant. Problem is, she can only be 50% sure of the identity of her baby's father; with Renee Zellweger & Colin Firth.

**Feb. 13: CENTRAL INTELLIGENCE (PG-13 )** A one-time bullied geek who is now a lethal CIA agent attends a high school reunion. Claiming to be on a top-secret case, he enlists the help of the former "big man on campus," now an accountant. His old friend drags him through a world of shoot-outs, double-crosses and espionage; with Dwayne Johnson & Kevin Hart.

**Feb. 27: GIRL ON THE TRAIN ( R )** Rachel, who is devastated by her recent divorce, spends her daily commute fantasizing about the perfect couple who live in a house that her train passes daily, until one morning she sees something shocking happen and becomes entangled in the mystery that unfolds; with Emily Blunt & Haley Bennett.

## Trips...

Date	Destination	Details	Cost
3/15/17	Irish Gala Show features Willoughby Brothers & the Dublin Dancers at Venus DeMilo, Swansea.	These six brothers feature Irish ballads, popular classics and contemporary songs and the Dublin Dancers offer classic Irish Step Dancing. Luncheon is Corned Beef & Cabbage or Baked Schrod.	\$70 per person, all inclusive.
4/19/17	Adam Trent, Magician, at Lantana's in Randolph.	Described as the "Justin Timberlake meets David Copperfield", this musician sings and dances! Lunch is Chicken Cordon Blue or a Vegetarian alternative.	\$80 per person, all inclusive.

**TRIP POLICY:** Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

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- 42 Apartment Assisted Living Residence
- Skilled Nursing & Rehabilitation Center
- Adult Day Health with New Memory Care Center Opening 2017
- Private Home Care
- Senior Transportation.

*Celebrate life...*

For more information, call Alissa Suitum, LSW,  
Director of Community Relations at 508.958.0301  
or [suituma@elderservices.com](mailto:suituma@elderservices.com)

**One Railroad Street, Milford, MA 01757 • [www.elderservices.com](http://www.elderservices.com) • Family Owned & Operated**

*New Adult Day Health Memory Care Center "Opening 2017"*

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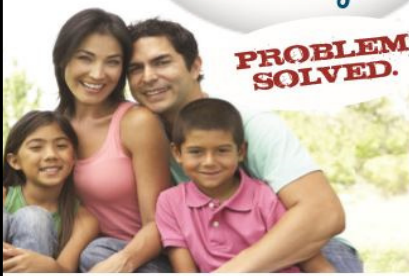
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Helping the community is  
always a smart investment.

The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the Friends of Franklin Elders. We know that by taking action and lending a hand to our neighbors, we're strengthening the same communities in which we live and work. And that's something we can all get behind.

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## Information & Referral...

**OPTIONS COUNSELLING** is a statewide initiative supporting people and their choices of where to live and receive services. Options Counselors provide information and support to help people make informed decisions about their care and long term goals. They also assist people in accessing appropriate community support and services that fit their current situation and preferences. Options Counseling is free and available to:

- Individuals age 60 and older
- People of any age who have a disability
- Family members
- Caregivers

**Options Counselors:**

- Explain long term care services
- Connect you to resources, supports and services
- Meet with you wherever you are – in the hospital, a rehab or nursing facility or your own home (also accessible by phone or email). If you have long term care questions, concerns or worries, Options Counselors are ready with – “Good Information for Good Decisions.” Start by contacting Tri-Valley’s Information & Resource Department at 1 800-286-6640. *Options Counseling is an initiative of the Aging and Disability Resource Consortium (ADRC) of Central Mass.*

**AARP TAX PREPARATION ASSISTANCE** is offered by trained volunteers for low to moderate income families. *Slots are limited so call ASAP to make an appointment!* Returns must be uncomplicated and NOT involve self-employed individuals, foreclosure, rental income, alternative minimum tax, capital gains or losses.

**DOES YOUR BATHROOM NEED GRAB BARS?** This is a great way to prevent life-threatening falls! Our wellness Nurse can evaluate your home for fall risks and we can install grab bars free-of-charge. Call the Center for details.

**- FOR MORE INFORMATION ABOUT THE ABOVE, CALL (508) 520-4945 -**

**FOR TRANSPORTATION CALL**  
KIESSLING TRANSIT 1-800-698-7676

**FOR HOME DELIVERED MEALS**  
TRI VALLEY ELDER SVCS. 1-800-286-6640

## With Sincere Appreciation...

- **FLETCHER FOUNDATION** for a generous donation to the Companion Caregivers Program.
- **FOFE** for funding entertainment at our holiday party.
- **Joanne Odabachi, St. John’s Episcopal Church Women’s Group, Fran Allison, Nicholetta DiNunzio, Angie Marama, Marie Jurchak, Robert Long, Janet Whitten, Janet Milici, Valarie Stybe, Susan Winters, Elaine Mucciarone, Elaine Rosetti, Anne Lavoie, Debbie Pellegrini, Dottie Ribera, Dale Lippert, Veronica Santodomingo, Marie Cavossa, Lorraine Silvia, Jean Tolland, Catherine McNiff, Brenda Hutchinson, Dolores Brunelli, Dorothy Recko, Clara Denya, Faith Flaherty, Glendy Sun & Sandra Sullivan** for making generous donations to our Gift Shop.

### COMPANION CAREGIVERS RESPIRE PROGRAM



*If you don’t take care of yourself, you won’t be able to care for your loved one!* We offer a trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour and the service provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call Camille Rubino at (508) 520-4945 for more information.

## Friends of Franklin Elders

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Many thanks for your ongoing support of the Friends of Franklin Elders and our efforts to support the Senior Center and its programs!

## Generous Donations

- ◆ David & Eileen Atobelli
- ◆ Jeff Nutting
- ◆ Richard & Faith Flaherty
- ◆ Bill Laquidara
- ◆ Donation Planet Trust inc.
- ◆ Diana Vandekerckhoff
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- ◆ Susan & John King
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- ◆ Stanley Zatkowski

## Memorial Donations

- ◆ Anthony & Gail Matanes in memory of Jane Christy
- ◆ Ralph V. Masi in memory of Phyllis Masi
- ◆ Anita Lachance in memory of Salvatore & Angelina Danello
- ◆ Richard & Violet Apalakian in memory of Sara Apalakian
- ◆ Marie L. Dalo in memory of Steve Dalo, Mucciarone & Dalo Family
- ◆ Therese & George Perron in memory of Carmine Iannuzzi

## Memorial Donations

- ◆ Doris Lamoureux in memory of James Malone
- ◆ Kathy Shultz in memory of Jane Christy
- ◆ Kathy Luccini in memory of Jane Christy
- ◆ John & Renee Hake in memory of Jane Christy
- ◆ Jean & John Roma in memory of Jane Christy
- ◆ Judi Holmberg in memory of Jane Christy
- ◆ Thomas & Barbara Godin in memory of Jane Christy
- ◆ Nora Minnichelli in memory of Helen Bogosian & Anthony Minnichelli
- ◆ Clare S. Ames in memory of Raymond G. Ames
- ◆ Anne Boulanger in memory of Paul E. Boulanger
- ◆ Geneva Doherty in memory of John Doherty
- ◆ Mary Jane Sciortino in memory of Craig Colace
- ◆ John R. Padula in memory of Sheila Padula
- ◆ Yvette Buffone in memory of Robert J. Buffone, Sr.
- ◆ Shirley Petitt in memory of Robert, Nellie & John Kaufman, Dorothy D'Amelio
- ◆ Sue Shluger in memory of Rita Scher
- ◆ Yolanda Boyle in memory of Fred Boyle
- ◆ Charlotte Fregeau in memory of Armand Fregeau
- ◆ Paul O'Leary in memory of Kathy O'Leary
- ◆ Nicoletta DiNunzio in memory of Sebastiano DiNunzio
- ◆ Nancy L. Murch in memory of George Murch
- ◆ Diana S. Foster in memory of Florence Foster
- ◆ Anthony & Geraldine Luzzo in memory of Rose Toascano & Anna Rago
- ◆ Maret Ligure-Buck in memory of Ivar Buck
- ◆ Frank & Pam DeGrazia in memory of Paul V. DeGrazia
- ◆ Linda Fritts in memory of Thomas Fritts
- ◆ Bob & Carol Keras in memory of Albert "Pete" Brunelli
- ◆ Donna & Bill Cupelo in memory of Bill Cupelo

## FRANKLIN COUNCIL ON AGING

### Officers:

Chairman..... Ken Norman  
Vice-Chairman.....Bob Crowley  
Secretary.....Barbara Deely

### Members:

Gail Chirdon, Mary Hick, Lyn O'Brien,  
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### Staff:

Certified Director .....Karen Alves  
Program Coordinator.....Sue Barbour  
Vet's Agent.....Dale Kurtz  
Social Svc. Coordinators.....Maggie Gundersen  
& Erin Rogers  
Supportive Day Coordinators.....Carol Adiletto  
& Donna Haynes  
Supportive Day Program Aide.....Donna Brunelli  
Health & Wellness Nurse.....Linda Hastings  
Receptionists.....Claire Lewis  
& Gloria Gelineau  
Grill Cook.....Paul Ledwith  
Respite Supervisor.....Camille Rubino  
Respite Companions.....Karen Calabrese,  
Mary Claire Flaherty & Susan LaRosa

The Franklin Connection is distributed with  
funds provided by the Executive Office  
of Elder Affairs, and the Friends of  
Franklin Elders, Inc.

Friends of Franklin Elders, Inc.  
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## Franklin Senior Center

*"Independence, Engagement & Connection!"*

The Franklin Council on Aging meets on the second Tuesday of the month at  
10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and  
quality of life for Franklin older adults by:

- ◆ Identifying the needs of this population and creating programs that meet those needs.
- ◆ Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.
- ◆ Advocating for relevant programs and services in our community.
- ◆ Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.

## And On The Lighter Side...

### SOME CHUCKLES

- I hate it when people accuse me of lolly-gagging when I'm really shilly-shallying!
- Whenever I go running, I meet new people; like paramedics.
- Professor: What inspired you to write this essay? Me: The due date.
- Me in the shower: 2% washing, 8% singing, 90% winning fake arguments.
- If only my teeth were as white as my legs.
- When I see a typo, I look at the keyboard to see if the two keys are close. If they're not close to each other, that's when I judge you.
- I'm not great at advice; can I interest you in a sarcastic comment?
- One universe, 8 planets, 192 countries, 180,497 islands, 85 seas, 7 billion people, and I'm still single!
- There should be confetti in tires so that when they blow out, it is still kind of an okay day.
- DIET DAY 1: Today I removed all the bad food from the house. It was delicious!
- MD: The best pick up line I've ever heard was from an 82 year old patient. I told her I was going to listen to her lung sounds and she said, "Sir, you're not going to hear a thing cuz you take my breath away."

